

Borders NHS Board**REHABILITATION NEW MODELS OF CARE AN UPDATE - AN UPDATE ON HYDROTHERAPY PROVISION****Aim**

To update Board members on continuing progress on the implementation of the preferred option for the provision of water based exercise and hydrotherapy as a Rehabilitation treatment modality across the Scottish Borders.

Background

The Board was last given an update in February on the implementation of Rehabilitation New Models of Care – Hydrotherapy (Appendix – 2013-52) agreed on 2nd May 2013. Since then good progress has been made on the internal milestones in the action plan but less satisfactory progress with the external agencies.

Completed Milestones

- February 2014 - Physiotherapists have audited equipment, facilities and staff support available to pool users and are now able to signpost free access to pools for up to 6 sessions for supported self management. This stream has been limited due to lack of accessibility equipment across all BSLT pools.
- February/March 2014 – tailor patient evaluation process for use with new service in BSLT pools. There have been 6 suitable patient/location/equipment combinations trialled, these have all been successful in that they have enabled direct access to working with the physiotherapist in a community setting, sign posting individuals to other community facilities and emphasising opportunities and activities to enable people to self manage.
- March 2014 - A number of BSLT staff have already been trained resulting in some patients with more complex needs now able to access pools (see above) the remainder of the training programme now needs to be delivered as equipment becomes available at pools. A manufacturers site visit has now taken place at Galashiels Pool and delivery is anticipated across all pools during October & November 2014.
- March 2014 - Sessions starting in Kelso Pool once training is complete targeting musculoskeletal issues that patients may experience such as upper and lower limb, spinal problems and high level balance requirements. On hold until equipment rolled out during October and November, although some hands on experience has been gained in the meantime.

- April 2014 - The Physiotherapy Service introduced a single point of referral from 1st April 2014. This ensures patients are appropriately triaged and streamed to the correct services/speciality.

Outpatients Renewal

Phase 1 redevelopment of the Outpatient Department on the Ground Floor of the Borders General Hospital (BGH) was completed in September 2013. At present funding is not allocated for Phase 2, but to fully exploit the opportunities for patient care of Outpatients being situated on the ground floor it remains a priority, until funding is available the existing Hydrotherapy Pool is likely to remain available.

SBC – Wilton School Pool.

Agreement in principle has been reached to open the pool for NHS use during the longer school holidays as well as using spare capacity during term time. There is also agreement that where adults are of a suitable height and geographic location these patients would not be excluded, this would be based on individual risk assessments.

There are some governance and H&S issues that are taking time for SBC to resolve.

Jedburgh Leisure Facilities Trust

The Board has previously been updated on the 3 Phase approach being adopted by Jedburgh Leisure Facilities Trust (JLFT). In addition it is of note that JLFT plans to have permanent ramp access in place by end of January 2015. A Project timeline that NHS Borders has helped JLFT produce suggests completion of Phase 3 would be no earlier than December 2015.

Phase 1. Reconfigure, extend and refurbish the current changing facilities - plans have been drawn up and are being submitted for a building warrant, at the same time as the formal grant application for this phase. A project manager has been appointed.

Phase 2. Build a new fitness centre adjacent to the existing building. This will be a relatively straightforward construction and plans will be drawn up and grant applied for during the first phase. This will free up space currently occupied by the existing fitness centre.

Phase 3. Install a teaching/hydro pool in the current fitness centre which will be vacated in the second phase. This is situated above the original swimming pool tank and the new pool will be sunk into the floor void, enabling deck level access to the pool via a ramp at minimum cost.

There will be enough space in the vacated fitness centre to provide full changing facilities adjacent to the pool.

Joint Working with Borders Sport and Leisure Trust

We are continuing to work jointly to provide not just treatment and rehabilitation but access to self-help and health maintenance activities through BSLT pools. Regular meetings take place with BSLT and the emphasis has been on informing pool based BSLT staff and

gaining their support to enhance their service prior to installation of equipment (steps, handrails, hoists) and arrival of new users.

The training required to deliver water based exercise programme by BSLT staff has been identified and programmes are being formalised to include competencies at a range of levels. As mentioned earlier it is now possible for patients to be sign posted to BSLT for up to 6 free sessions.

Joint Working with Borders Patient Action Group

Following a meeting of the Chair with Borders Patient Action Group after their submission of a plan to make use of the BGH Hydrotherapy pool during periods when not used by NHS Borders they have been supportive and helpful in progressing work in relation to new approaches and access to water based exercise and hydrotherapy. We have been meeting monthly and most recently the Physiotherapist specialising in Hydrotherapy gave an update on her work in testing new approaches locally and gathering information from colleagues nationally in relation to other facilities and models.

Their interest and suggestions have provided us with additional information about groups accessing hydrotherapy facilities in other areas. They have identified a local Voluntary Disability Swimming Group (Borders Dippers) who presented to the group on their long standing expertise in helping people with disabilities to use Jedburgh and Kelso pools. They have visited the Hydrotherapy pool and met with the physiotherapist and are currently working with us all to discuss and plan in the context of supporting them to try using this type of facility for a short period and to help inform the process of accessing other facilities in the longer term.

Missed Milestones:

- February 2014 – Moving Paediatric Hydrotherapy away from BGH to Wilton School Pool. SBC are progressing work to address a number of operational management issues intended to improve access and use of this facility.
- April and May 2014 - evaluate training delivered in Kelso and roll out to Hawick, Peebles, Galashiels and Eyemouth BSLT pools. On hold until equipment available in October/November.

Summary

The Hydrotherapy Pool at BGH remains open currently and can do so only until Out Patient Department developments continue. Work to implement the New Models of Care service has been ongoing. Several important milestones have been achieved and the remaining steps should be complete by November 2014, with the exception of the key element of Jedburgh Training/Hydrotherapy pool. The delays to the Jedburgh component of the new service have been unfortunate but a more definite timeline for that element of the re-provision, which is beyond our direct control, is now emerging.

Recommendation

The Board is asked to **note** progress as outlined above.

Policy/Strategy Implications	This was outlined as part of the original
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	option appraisal. Consistent with 2020 Vision, NHS Borders Corporate Objectives and AHP National Delivery Plan
Consultation	Informing and engaging patients and public was undertaken as part of the options appraisal process
Consultation with Professional Committees	Not required at this stage
Risk Assessment	Managed by the service
Compliance with Board Policy requirements on Equality and Diversity	This was undertaken as part of the original option appraisal process and commended by the Board
Resource/Staffing Implications	Limited in terms of resource more in terms of change in practice and approach. Managed by the service

Approved by

Name	Designation	Name	Designation
Calum Campbell	Chief Executive	Karen McNicoll	Associate Director AHPs

Author(s)

Name	Designation	Name	Designation
Lynne Morgan Hastie	Head of Profession	Warwick Shaw	Lead for Delivery